**NEW DROP OFF AND COLLECTION POLICY**

*(Adjusted in accordance with Covid-19 guidelines)*

There is a one-way system going into the gym via the front door, along the back corridor upstairs, down into the drop off zone and out the fire door. Social distancing should be practised along this route. Tape has been put on the floor to remind you to do this. All adults should wear a mask whilst inside the gym. (Coaches are not required to wear a mask). When you get to the bottom of the stairs by the drop off zone, please wait on the stairs for a member of staff to assist you. We want to keep the drop off zone as empty as possible.

Drop-offs: Using the one-way system, when you get to the bottom of the stairs in the drop off zone, a coach will welcome your child into the gym and you can exit via the fire door.

Pick-ups: Once at the bottom of the stairs, let us know who you are collecting and exit via the fire door. We will send out your child to you.

To make sure this process runs smoothly and efficiently, please make sure your child comes to the gym ready. Ideally already in their leotard / gym clothes, with slip on shoes and their drinks bottle. If they need to change into their gym outfit, please do this in the car.

**PRECHOOL**: Same rules apply as above.

* Follow the one-way system into the gym, bringing with you only what you need.
* All adults will be required to wear a mask inside J Star.
* All children and any adults coming into the gym in our preschool classes, will be required to sanitise hands on arrival.
* To limit numbers inside J Star at any one time, ONLY ONE adult should attend classes with their pre-schooler.

**Arriving at the club: (and leaving)**

* All children should arrive already in their gymnastics clothes (leotard / shorts and leggings). We are not allowing changing in the toilets and don’t want the drop off zone to be used for this.
* Gymnasts will need to wash hands / hand sanitise on arrival
* No extra clothes will be allowed inside the club. Parents should take jumpers / coats etc. away with them.
* Gymnasts should bring a clearly labelled water bottle
* Only one adult should come into J Star for drop off and pick up.
* Please only enter J Star for drop off or pick up to 5 minutes before your class starts.

**During the session:**

* Unfortunately, guidance states that no non participating people present so only gymnasts and coaches will be permitted during class.
* The waiting room will be closed until further notice.
* Gymnasts will not be able to share chalk or other small hand held apparatus (unless they are from the same household)
* Coaches will be using hand sanitizer to clean children’s hands in between each rotation.
* Equipment will be wiped down between each rotation

**When coaching your child:**

* Coaches are required to socially distance. Therefore, stations will be spaced out.
* We will be unable to support gymnasts (except in emergency situation to avoid accident or injury)

Therefore, you will find your child will be doing more prep work to develop their skills on some apparatus

**Class time changes:**

As a temporary measure, all 3.45-4.30, 4.30-5.30 and 5.30-6.30 gymnastics classes will be shortened by 5 minutes at the end of the class to allow extra time for drop off and collection. We need to maintain social distancing in between classes, which does unfortunately slow the proceeds down. This will hopefully only be a short term change.

\* All 630-730 gymnastics and all Trampolining classes will remain the same length.

\*\* Preschool classes will remain 45 minutes in length but start and finish times have changed slightly. To view the adjusted times, please head over to our website, scroll down the home page and view the PDF.